

17 Day Diet

Cycle 1: Accelerated Food List

LEAN PROTEINS

Serving: No Limits

FISH

Salmon (Canned or Fresh)
Sole
Flounder
Catfish
Tilapia
Tuna (Canned in light water)

POULTRY

Skinless Chicken Breasts
Skinless Turkey Breasts
Lean Ground Chicken
Lean Ground Turkey

EGGS (2 Eggs = 1 Serving)

VEGETABLES/SPICES

Serving: No Limits

Should be eaten raw when possible

Artichoke
Artichoke Hearts
Asparagus
Bamboo Shoots
Bean Sprouts
Bell Peppers (All Colors)
Bok Choy
Broccoli
Brussels Sprouts
Cabbage
Carrots
Cauliflower
Celery
Collard Greens
Cucumbers
Eggplant
Green Beans

Leeks

Lettuce (All Varieties)

Mushrooms

Okra

Onions

Pea Pods

Scallions

Snow Peas

Spinach

Summer Squash

Tomatoes

Tomatillos

Watercress

Zucchini

LOW SUGAR FRUITS

Serving: 2 Servings Daily

1 piece fresh or 1 cup chopped

Should be eaten raw when possible

Do not eat fruit after 2pm

Apples

Berries (All Types)

Grapefruit

Oranges

Peaches

Pears

Plums

Prickly Pear Cactus

Prunes

Red grapes

PROBIOTICS

Serving: 2 Servings Daily

Yogurt (Including Greek, Sugar Free Fruit Flavored, Plain, Low Fat)

Kefir (1 cup)

Low Fat Acidophilus Milk (1 cup)

Breakstone LifeActive Cottage

Cheese (1/2 cup)

Low Sodium Broth (1 tbsp)

Tempeh (4 oz)

Sauerkraut (1/2 cup)

Kimchi (1/2 cup)

SPICES/SAUCES

Serving: 1 - 2 Tbsp Daily

Chiles

Cilantro

Fennel

Flaxseed Oil

Garlic

Jams (Sugar Free)

Jellies (Sugar Free)

Ketchup (Low Carb)

Parsley

Olive Oil

Pepper

Marinara Sauce (Sugar Free)

Mustard

Salad dressings (Sugar Free and Fat Free)

Salsa

Salt (Keep to Minimum)

Soy Sauce (Light)

Sour Cream (Low Fat)

Truvia

Vegetable Cooking Spray

Vinegar

DRINKS

Water

Green Tea

